

## Youth Classes

### SPANISH FOR FUN AND FOREVER: BEGINNING

Fun and developmentally appropriate for children of all ages. Class is packed with visuals, songs, rhymes, movement activities and games. Children have opportunities to create language and play. Parents are welcome to attend, observe and participate. Class taught by credentialed teacher. \$5 material fee due at first class. No class 11/11.

Blades, Murnez Murdy Community Center Hall D

5379.400 5yrs to 8yrs 9/23 - 11/18 3:15pm-4:00pm M \$94

### SPANISH FOR FUN AND FOREVER

Fun and developmentally appropriate for children of all ages. Class is packed with visuals, songs, rhymes, movement activities and games. Children have opportunities to create language and play. Parents are welcome to attend, observe and participate. Class taught by credentialed teacher. \$5 material fee due at first class.

Blades, Murnez Edison Community Center Hall B

5252.400 5yrs to 8yrs 10/1 - 11/19 3:15pm-4:00pm Tu \$94

### SPANISH FOR FUN AND FOREVER

This program is fun and developmentally appropriate for children of all ages. Class is packed with visuals, songs, rhymes, movement activities and games. Children have opportunities to create language and play. Parents are welcome to attend, observe and participate. Class taught by credentialed teacher. \$5 material fee due at first class. No class 11/11.

Blades, Murnez Murdy Community Center Hall D

5253.400 10yrs to 13yrs 9/23 - 11/18 4:15pm-5:00pm M \$94

### SPORTS: SKYHAWKS BASKETBALL

This fun, skill-intensive program is designed for beginning to intermediate players. An active week of passing, shooting, dribbling, and rebounding makes this one of our most popular programs. Our basketball staff will also focus on respect, teamwork and responsibility. All Participants receive a t-shirt. No class 11/11.

Skyhawks Sports, Academy Inc Murdy Community Center Basketball Courts

5365.400 6yrs to 12yrs 9/9 - 10/7 5:00pm-6:00pm M \$59

5365.401 6yrs to 12yrs 10/21 - 12/2 5:00pm-6:00pm M \$59

### SURFING: BEGINNER

Are you ready to take your skills to the next level? This 1-hour class is designed for beginners, and will help you improve your board riding ability, master basic skills and understand the ocean better. Must be at least 8 and proficient ocean swimmer. Boards/wetsuits can be provided.

HB Surf School, Bill Sharp Beach Service Center-south side of pier

5322.400 8yrs to 16yrs 9/3 - 9/24 3:15pm-4:15pm Tu \$120

5322.401 8yrs to 16yrs 10/1 - 10/22 3:15pm-4:15pm Tu \$120

5322.402 8yrs to 16yrs 10/29 - 11/19 3:15pm-4:15pm Tu \$120

5322.403 8yrs to 16yrs 11/26 - 12/17 3:15pm-4:15pm Tu \$120

5322.404 8yrs to 16yrs 9/4 - 9/25 3:15pm-4:15pm W \$120

5322.405 8yrs to 16yrs 10/2 - 10/23 3:15pm-4:15pm W \$120

5322.406 8yrs to 16yrs 10/30 - 11/20 3:15pm-4:15pm W \$120

5322.407 8yrs to 16yrs 11/27 - 12/18 3:15pm-4:15pm W \$120

### VOLLEYBALL: JUNIOR SPIKERS INDOORS

Much like Club Volleyball, Junior Spikers will meet one day each week and learn all the elements of the game. Class will include instruction on technique, drills to reinforce, and plenty of team play. Juniors will be given a Jr. Spikers t-shirt the first day of class.

Win Win, Promotions LLC City Gym Gymnasium

5254.400 Grades 5 & 6 9/9 - 11/18 3:30pm-4:45pm M \$153

5254.401 Grades 7 & 8 9/9 - 11/18 4:45pm-6:00pm M \$153

5254.402 Grades 5 & 6 9/11 - 11/13 3:30pm-4:45pm W \$153

5254.403 Grades 7 & 8 9/11 - 11/13 4:45pm-6:00pm W \$153

No classes November 11, 28 & 29

## Adult & Teen Classes

### AQUA EVENING: AQUA-TONE AEROBICS

This fun and very challenging water workout class will take you to a new limit of resistance using Hydro-Tone's Water Weights. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. No prerequisite for swimming ability. No equipment necessary. Questions: aquatonefitness@aol.com. No class 11/29.

AquaToneFitness, Dawnette Lowry

City Gym Pool

4311.400 16yrs to Adult 9/13 - 12/13 5:30pm-6:30pm F \$97

### AQUATIC BODY BUILDING: HYDRO-TONE

Hydro-Tone is a unique and intense Body Building workout course. This system accommodates variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation. Equipment rental \$3 per class to be paid each class. Questions: aquatonefitness@aol.com. No class 11/11, 11/28, 11/29, & 11/30.

AquaToneFitness, Dawnette Lowry

City Gym Pool

4314.400 16yrs to Adult 9/9 - 12/9 8:15am-9:25am M \$111

4314.401 16yrs to Adult 9/11 - 12/11 8:15am-9:25am W \$119

4314.402 16yrs to Adult 9/13 - 12/13 6:45am-8:00am F \$111

### AQUATIC EXERCISE: AQUA ACTIVE

This class is designed for people with arthritis to gently improve range of motion, strength and endurance. Participants must be able to enter and exit the pool independently. A doctor's release is recommended if you have recently had surgery. No class 11/11, 11/28 & 11/29.

Thurn, Debra

City Gym Pool

4315.400 Adult 9/9 - 10/25 12:15pm-1:15pm M W F \$143

4315.401 Adult 10/28 - 12/13 12:15pm-1:15pm M W F \$130

4315.402 Adult 9/10 - 10/24 12:30pm-1:30pm Tu Th \$97

4315.403 Adult 10/29 - 12/12 12:30pm-1:30pm Tu Th \$90

### AQUATIC EXERCISE: AQUA-TONE AEROBICS

This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. Questions: aquatonefitness@aol.com. No class 11/11, 11/2, 11/29, & 11/30.

AquaToneFitness, Dawnette Lowry

City Gym Pool

4312.400 16yrs to Adult 9/9 - 12/11 7:00am-8:00am M W \$184

4312.401 16yrs to Adult 9/10 - 12/12 7:00am-8:00am Tu Th \$184

4312.402 16yrs to Adult 9/10 - 12/12 8:20am-9:20am Tu Th \$184

4312.403 16yrs to Adult 9/9 - 12/9 7:00am-8:00am M \$97

4312.404 16yrs to Adult 9/11 - 12/11 7:00am-8:00am W \$104

4312.405 16yrs to Adult 9/13 - 12/13 8:20am-9:20am F \$97

4312.406 16yrs to Adult 9/14 - 12/14 7:00am-8:00am Sa \$97

### AQUATIC EXERCISE: AQUACISE

Come challenge yourself in this extreme water workout. Designed to improve body tone, flexibility, cardiovascular strength and physical fitness through exercise performed in both shallow and deep water. All fitness levels will benefit. No prerequisite for swimming ability. No class 11/11 & 11/27.

Zschach, Alicia K

City Gym Pool

4310.400 12yrs to Adult 9/9 - 12/9 5:30pm-6:30pm M \$96

4310.401 12yrs to Adult 9/11 - 12/11 5:30pm-6:30pm W \$89

4310.402 12yrs to Adult 9/9 - 12/11 5:30pm-6:30pm M W \$180

### AQUATIC EXERCISE: FAT BURNING FRIDAYS

This calorie burning workout is performed in the deep end. Combining aqua aerobics, circuit training, and sprint work for the ultimate deep water exercise program. No class 11/29.

Thurn, Debra

City Gym Pool

4313.400 Adult 9/13 - 12/13 11:15am-12:00pm F \$102

# Adult & Teen Classes

## AQUATIC EXERCISE: AQUAPILATES

Is designed to use the water's natural resistance to increase the body's full range of motion while stabilizing the core muscles. This mind-body workout incorporates movements based on the Pilates method, set in a healing environment of water that increases flexibility, core strength, postural alignment, and balance. No class 11/11.

Thurn, Debra City Gym Pool

4574.400 Adult 9/9 - 12/11 1:15pm-2:00pm M W \$192

## AQUATIC EXERCISE: H<sub>2</sub>O BOOT CAMP

This UNIQUE program is a rigorous cross-training of swimming, water polo, water aerobics, modified plyometrics, and traditional strength and cardiovascular exercises. H<sub>2</sub>O Boot Camp challenges swimmers of all ages and physical shape. Whether you are a recreational swimmer or not, this 45 minute session will be hard work. Questions: aquatonefitness@aol.com. No class 11/29.

AquaToneFitness, Dawnette Lowry City Gym Pool

4525.400 16yrs to Adult 9/13 - 12/13 9:30am-10:15am F \$105

## ART: BEGINNING OIL PAINTING

Learn the fundamentals of oil painting. Students will be introduced to the media, techniques, color theory, structural and expressive properties of oil painting and design using oil paints. All levels welcome. Material list. \$10 material fee due at first class.

Oquist, Courtney L Art Center Studio

4468.401 12yrs to Adult 9/11 - 10/9 6:00pm-7:45pm W \$71\*

4468.402 12yrs to Adult 10/16 - 11/13 6:00pm-7:45pm W \$71\*

HBAC \$64.50

## ART: BEGINNING PORTRAITURE

The class will introduce the basics of drawing and painting human portraiture by way of instruction and demonstration. A 3D Perspective head, skull, sculptural cast and live model will be used. Learn to measure site size, block in and concepts of lighting, value and composition. Materials List.

Moody, Gia M Art Center Studio

4505.401 14yrs to Adult 9/14 - 10/19 10:00am-12:00pm Sa \$100

HBAC \$90.60

## ART: CAST DRAWING

Learn to draw a sculptural cast from direct observation. Practice drawing line, tone and mass without the complication of color. Begin by drawing with a block in, the foundation of the classical drawing process, then model the large and small forms with tonal values. All levels welcome.

Moody, Gia M Art Center Studio

4607.401 14yrs to Adult 9/13 - 10/18 12:00pm-2:00pm F \$100\*

4607.402 14yrs to Adult 10/25 - 11/29 12:00pm-2:00pm F \$100\*

4607.403 14yrs to Adult 9/14 - 10/19 12:15pm-2:15pm Sa \$100\*

4607.404 14yrs to Adult 10/26 - 11/30 12:15pm-2:15pm Sa \$100\*

HBAC \$90.60

## ART: CERAMIC CREATIONS

Come and join this fun and relaxing ceramics class. We will learn the basic techniques for hand building with clay as we create whimsical projects. You will enjoy the process of sculpting with your hands and basic tools! From functional to purely decorative items. Work on small simple projects each week or more intricate ones throughout the class. \$25 material fee due at first class.

Henry, Lucia Art Center Studio

4623.401 Adult 9/19 - 10/24 11:00am-12:30pm Th \$125

HBAC \$113.10

## ART: DIGITAL PHOTOGRAPHY – INTERMEDIATE

This intermediate class reinforces and enhances the basic concepts and skills acquired in the beginning digital photography class. Course emphasis is on the refinement of technical skills, technique, concept and development of a personal direction in photography. Theoretical, historical, and critical concerns will form part of our curriculum.

Weston, Kurt T Art Center Multipurpose Room

4305.401 16yrs to Adult 9/27 - 11/1 1:00pm-3:00pm F \$90

HBAC \$80

## ART: DIGITAL PHOTOGRAPHY – BEGINNING

The beginning digital photography class will help students gain fluency with the basic technical skills of digital photography as it relates to image making. Expect to expand your understanding of the medium, acquire basic technical skills and pursue your own photographic vision while using the digital camera of your choice.

Weston, Kurt T Art Center Multipurpose Room

4304.401 16yrs to Adult 9/27 - 11/1 3:30pm-5:30pm F \$90

HBAC \$80

## ART: DRAWING AND PAINTING

Maximize your time! This great class is designed for beginning and intermediate students who would like to learn how to improve their drawings and paintings. Color theory, drawing skills, right brain exercises and elements of art will be incorporated in this course. Students in this class are eligible to participate in an Art Show. Materials List.

Kent, Pati L Art Center Studio

4302.401 12yrs to Adult 9/10 - 10/1 6:00pm-7:30pm Tu \$76

4302.402 12yrs to Adult 10/22 - 11/12 6:00pm-7:30pm Tu \$76

4302.403 12yrs to Adult 11/19 - 12/10 6:00pm-7:30pm Tu \$76

HBAC \$69

## ART: DRAWING AND PAINTING DAYTIME

Maximize your time! This new daytime class is designed for beginning and intermediate students who would like to learn how to improve their drawings and paintings. Color theory, drawing skills, right brain exercises and elements of art will be incorporated in this course. Students in this class are eligible to participate in an Art Show. Materials List.

Kent, Pati L Art Center Studio

4625.401 12yrs to Adult 9/10 - 10/1 2:30pm-4:00pm Tu \$76\*

4625.402 12yrs to Adult 10/22 - 11/12 2:30pm-4:00pm Tu \$76\*

4625.403 12yrs to Adult 11/19 - 12/10 2:30pm-4:00pm Tu \$76\*

HBAC \$69

## ART: DRAWING IN MULTIPLE PERSPECTIVES

Learn how to create depth on a two-dimensional surface by applying atmospheric perspective methods, one-point linear perspective, two-point linear perspective methods. Three-point and/or four-point linear perspective will be studied upon request. Add implied texture, different forms of shading, and use of light to enhance your drawing skills and take your artwork to a new level. This very detailed drawing class is open for all skill levels. Material List.

Radcliffe, Courtney Art Center Multipurpose Room

5380.401 12yrs to Adult 9/12 - 10/17 5:00pm-6:30pm Th \$76

HBAC \$69

## ART: FRESH COLOR IN STILL LIFE

Learn the art of setting up and composing subjects for still life painting with experienced artist Ebrahim Amin. Learn how to direct light, capture atmosphere and express the combined harmony of subjects in the painting. Materials List.

Amin Fine Art, Ebrahim Amin Art Center Studio

4554.401 14yrs to Adult 9/11 - 10/9 10:00am-12:30pm W \$136

HBAC \$123

# Adult & Teen Classes

## ART: LANDSCAPE PAINTING IN OIL

Amin Fine Art, Ebrahim Amin Art Center Studio  
Learn the art of Landscape Painting with experienced professional Ebrahim Amin. This class will focus on traditional painting skills including vibrant color, movement, light and shade. All levels welcome as each student will be given individual instruction. Materials List.  
4552.401 14yrs to Adult 9/11 - 10/9 12:45pm-2:45pm W \$136  
HBAC \$123

## ART: PAINTING AND DRAWING STUDIO SESSION

Develop basic painting skills and techniques through demonstration, lecture and personal help. Emphasis will be on watercolor techniques, but oil and acrylics are welcome. This is a 3-hour studio session with beginning instruction. There is a \$20 lab fee due to instructor if you do not already have materials.

Oropeza, Marilyn Rodgers Senior Center Hall D  
4814.401 Adult 9/17 - 10/15 8:30am-11:30am Tu \$35  
4814.402 Adult 10/22 - 11/19 8:30am-11:30am Tu \$35  
4814.403 Adult 11/26 - 12/17 8:30am-11:30am Tu \$30

## ART: PHOTOGRAPHY - LANDSCAPES AT THE BEACH

This class will show students how to get that professional looking landscape out on the beach. Classes will take place outdoors and will use students own camera. Techniques in lighting, composition and the fundamentals of landscape will be covered. DSLR is suggested but not required. \$5 material fee due at first class..

Chambers, Randall Art Center Multipurpose Room  
4586.401 Adult 9/14 - 10/5 3:00pm-5:00pm Sa \$91  
4586.402 Adult 10/12 - 11/9 3:00pm-5:00pm Sa \$91  
HBAC \$82.50

## ART: PORTRAITURE

The class will introduce the basics of drawing and painting human portraiture by way of instruction and demonstration. A 3D Perspective head, skull, sculptural cast and live model will be used. Learn to measure site size, block in and concepts of lighting, value and composition. Materials List.

Moody, Gia M Art Center Studio  
4505.402 17yrs to Adult 10/26 - 11/30 10:00am-12:00pm Sa \$100  
HBAC \$90.60

## ART: PRINTMAKING

Learn a variety of techniques for relief and monotype printmaking. This is a fun and expressive media to experiment with and helps to develop different ways of approaching art making while nurturing creativity. Supplies are provided for students. \$15 material fee due at first class.

Pedroza, Ya'el Art Center Multipurpose Room  
5381.401 9yrs to 15yrs 9/18 - 10/16 4:30pm-6:00pm W \$81\*  
5381.402 9yrs to 15yrs 10/23 - 11/20 4:30pm-6:00pm W \$81\*  
HBAC \$73.50

## ART: RUBBER STAMPING

Save money while impressing your family and friends with some handmade greeting cards and gifts. Learn creative ways to make gift bags/boxes, stamp on candles and other items. You'll go home with your own hand-created items from each class. \$11 material fee due at first class.

Husting, Margaret E Murdy Community Center Hall C  
4395.400 13yrs to Adult 9/12 - 11/21 1:00pm-2:00pm Th \$77  
Husting, Margaret E Rodgers Senior Center Hall E  
4396.401 13yrs to Adult 9/11 - 11/20 9:00am-10:00am W \$77

## ART: WATERCOLOR BEGINNING TO ADVANCED

This class is for beginning to advanced students who wish to create watercolor paintings and improve their proficiency in the media. The class focuses on skills, techniques, weekly demonstrations and critiques for all levels. Materials list.

LoSchiavo, Diana J Art Center Studio  
4308.401 Adult 9/10 - 10/29 10:00am-1:00pm Tu \$117  
HBAC \$106

## ART: WORK WITH SILVER CLAY

Learn to make Silver Clay jewelry! Students will learn how to work with silver clay, various firing and finishing methods. Projects we will work on are, making a mold, stamped pendant, a leaf pendant, earrings, and setting cubic zirconia stones. Projects completed will vary depending students experience. Maximum of 8 students. Tools are provided. Material Fee \$27 per project due to Instructor.

Moore, Laura Art Center Multipurpose Room  
3603.401 12yrs to Adult 9/11 - 10/16 5:30pm-7:30pm W \$120  
HBAC \$109

## BEACH VOLLEYBALL: ADULT BEGINNERS

This adult program is designed for individuals with minimal or no beach volleyball experience. Our friendly coaches will introduce you to the great game of beach volleyball in a fun, relaxed and non-threatening environment.

Beach Volleyball, California LLC Beach Courts, North of Pier  
4438.401 15yrs to Adult 9/12 - 10/31 5:20pm-6:20pm Th \$120

## BEACH VOLLEYBALL: ADULT INTERMEDIATE

This class is designed for individuals with playing experience who can serve, pass, set and spike consistently. Sessions run by experienced beach volleyball coaches will be structured around the development of a specific skill each week and then applying that skill in a game situation.

Beach Volleyball, California LLC Beach Courts, North of Pier  
4523.400 15yrs to Adult 9/10 - 10/29 5:20pm-6:20pm Tu \$120

## BOOK CLUB DINNER

Have dinner and stimulating conversation with others who love good books. Please read "War Brides" by Helen Bryan before the first class meeting. The remaining books will be selected by the class each month. Class meets the second Wednesday of each month. \$5 material fee due at each meeting. Class meets 10/9, 11/13, 12/11, & 1/8.

Berg, April Rodgers Senior Center Hall D  
4317.401 Adult 10/9 - 1/8 7:00pm-9:00pm W \$30

## BRIDGE: BEGINNING

This class is just the beginning of the fun you can have once you learn this game. Meet new people, form long time friendships. Handouts, discussion and learning the play of the game. Come join us. No class 11/11.

Spira, Rita L Rodgers Senior Center Hall E  
4318.401 Adult 9/9 - 11/18 2:00pm-4:00pm M \$60

## BRIDGE: INTERMEDIATE 1

Are you comfortable knowing the basics? This class is for you. Learn many conventions, Stayman, Weak 2, Blackwood, Jacoby, Michael's, defensive bid and play. Meet new friends, have fun! No partner needed. No class 11/12 & 11/13.

Spira, Rita L Rodgers Senior Center Hall E  
4319.401 Adult 9/10 - 11/19 2:30pm-4:30pm Tu \$60

Spira, Rita L Rodgers Senior Center Hall E  
4320.401 Adult 9/11 - 11/20 6:30pm-8:30pm W \$60



# Adult & Teen Classes

## CAKE DECORATING: BASICS BEGINNING

You'll smile through each lesson as you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating in four weekly fun filled classes. Why not bring a friend? You'll provide some of your own supplies. Book is extra. This class must be taken before taking the Gumpaste and Fondant or the Flowers and Cake Design classes.

Mejia, Rebecca	Murdy Community Center Hall C
4321.400	13yrs to Adult 9/17 - 10/8 6:00pm-8:00pm Tu \$50
4321.401	13yrs to Adult 10/15 - 11/5 6:00pm-8:00pm Tu \$50
4321.402	13yrs to Adult 11/12 - 12/3 6:00pm-8:00pm Tu \$50

## CAKE DECORATING: FLOWERS AND CAKE DESIGNS

In this exciting course! Flowers and cake design is your introduction to breathtaking new icing flowers such as vivid violets, delicate apple blossoms, glorious lilies and the famous Wilton rose. With the skills you learn here and your ability to make flowers using Royal icing, you can create beautiful blooms. Must have taken Cake Decorating: Basic Beginnings before this class.

Mejia, Rebecca	Murdy Community Center Kitchen
4481.400	13yrs to Adult 10/2 - 10/23 6:00pm-8:00pm W \$50

## CAKE DECORATING: GUM PASTE AND FONDANT

The course will open thrilling possibilities for your cakes. You'll create incredible stand-up decorations by hand using gum paste and fondant from flowers with delicate ruffled layers of petals to thrilling bows in bold colors to exciting effects. It's a whole new way to decorate! Book is extra. Must have taken Cake Decorating: Basic Beginnings before this class. No class 11/28

Mejia, Rebecca	Murdy Community Center Kitchen
4482.400	13yrs to Adult 11/7 - 12/5 6:00pm-8:00pm Th \$50

## COMPUTERS: CREATE WEBSITES WITH WORDPRESS I

This hands-on beginner course will show you how to sign up for web hosting, install Wordpress, and set up your own website or blog. No prior experience needed. Bring your own computer. There is no materials fee paid to instructor but signing up for web hosting (optional) will be \$8.95/month.

Shen, Michael T	Murdy Community Center Game Room
4602.400	Adult 9/9 - 9/30 7:00pm-9:00pm M \$75

## COMPUTERS: CREATE WEBSITES WITH WORDPRESS II

This hands-on intermediate course will show you how to customize and add more functionality to your Wordpress website or blog. Students are recommended to participate in the Create Websites with Wordpress Part 1 class prior to this class. Bring your own computer.

Shen, Michael T	Murdy Community Center Game Room
4601.400	Adult 10/7 - 10/28 7:00pm-9:00pm M \$75

## COMPUTERS: EBAY BASICS OF SELLING

You'll learn the selling basics: how to open an E-Bay sales account, how to decide what to sell first, little known tips on setting up your first auction and stealth secrets for creating an eyeball-grabbing listing. Handouts will be given during class and CPU points are available. Instruction will be presented using Power Point.

Krueger, David M	Murdy Community Center Game Room
4353.400	13yrs to Adult 10/8 - 10/22 7:00pm-9:00pm Tu \$79

## DANCE: 2PUA ISLAND DANCE CARDIO

Aloha! By popular demand, we have added this continuation class for students that have completed the beginners' class. Just as much fun as the beginners' class, the art of Hawaiian Hula and Tahitian dance fills quickly. Pre-registration is required. No class 11/28.

Seanoa, Melody A	Rodgers Senior Center Hall D
4596.401	13yrs to Adult 9/12 - 10/17 7:00pm-8:00pm Th \$60
4596.402	13yrs to Adult 10/24 - 12/12 7:00pm-8:00pm Th \$70

## DANCE: 2PUA ISLAND DANCE CARDIO AT THE ART CENTER

2Pua Island Dance Cardio combines traditional dance steps from the South Pacific with modern formats & techniques. This fun group cardio dance class is designed for all levels whether you are new or experienced. If you enjoy moving & shaking your hips, you'll love this dance workout!!

Seanoa, Melody A	Art Center Multipurpose Room
4629.401	13yrs to Adult 9/11 - 10/16 11:30am-12:15pm W \$66*
4629.402	13yrs to Adult 10/23 - 12/4 11:30am-12:15pm W \$76*
HBAC *\$59 **\$69	

## DANCE: ADULT BALLET – BEGINNING

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? Join other beginners in learning a new skill while experienced dancers refine the basics. Wear comfortable clothing and bring an exercise mat or towel. First class is free.

Huntington Academy of Dance	City Gym Room A
4487.400	13yrs to Adult 9/9 - 11/4 7:00pm-8:00pm M \$95

Huntington Academy of Dance	16601 Gothard St Suite A, HB
4326.400	13yrs to Adult 9/11 - 11/13 7:30pm-8:30pm W \$105

## DANCE: BALLROOM

You'll have fun learning one of the classic ballroom dances (different each session) such as Waltz, Foxtrot, Cha-Cha, Salsa. Partnering skills and musicality will give you confidence for any kind of dance. No partner required. No class 11/11.

Fox, Kaylaa	Edison Community Center Hall A
4328.400	16yrs to Adult 9/9 - 10/7 7:00pm-7:45pm M \$49
4328.401	16yrs to Adult 10/14 - 11/18 7:00pm-7:45pm M \$49

## DANCE: BELLY DANCE FOR FITNESS

Belly dance is a low impact workout that strengthen muscles, especially the back and core. This class teaches the Turkish technique while getting a great cardio workout. It is proven that belly dance increases joint flexibility, raises metabolism and tones all muscle groups.

Costello, Pilar	Murdy Community Center Hall C&D
4329.400	12yrs to Adult 9/9 - 10/14 7:00pm-8:00pm M \$60
4329.401	12yrs to Adult 9/13 - 10/18 10:30am-11:30am F \$60

## DANCE: COUNTRY LINE BEGINNING

Have fun & show off your dance moves and turns as you learn easy, popular line dances. Great exercise having a good time and burn up the calories. Taught slowly step by step so everyone will be dancing right away. No partner needed. \$2 material fee due at first class. No class 10/31.

Fox, Kaylaa	Murdy Community Center Hall C&D
4462.400	16yrs to Adult 9/12 - 10/3 6:15pm-7:00pm Th \$49
4462.401	16yrs to Adult 10/10 - 11/7 6:15pm-7:00pm Th \$49

Fox, Kaylaa	Edison Community Center Hall A
4632.400	16yrs to Adult 9/11 - 10/9 7:45pm-8:30pm W \$49
4632.401	16yrs to Adult 10/16 - 11/13 7:45pm-8:30pm W \$49

Register Online! [www.hbsands.org](http://www.hbsands.org)

# Adult & Teen Classes

## DANCE: COUNTRY LINE INTERMEDIATE

Great Intermediate popular Line dance. Dance at clubs, singles dances, weddings...so in right now. No partner needed. \$2 material fee due at first class. No class 10/31.

Fox, Kaylaa		Murdy Community Center Hall C&D			
4512.400	16yrs to Adult	9/12 - 10/3	7:00pm-7:45pm	Th	\$49
4512.401	16yrs to Adult	10/10 - 11/7	7:00pm-7:45pm	Th	\$49

## DANCE: COUNTRY TWO STEP

Country Two Step is the top dance at country nightclubs and country events. You will learn Country Two Step and be out having a great country good time socializing and meeting new people. COUNTRY IS BIG! \$2 material fee due at first class. No partner needed! No class 10/31.

Fox, Kaylaa		Murdy Community Center Hall C&D			
4579.400	16yrs to Adult	9/12 - 10/3	7:45pm-8:30pm	Th	\$49
4579.401	16yrs to Adult	10/10 - 11/7	7:45pm-8:30pm	Th	\$49

## DANCE: EAST COAST SWING

The popular East Coast Swing is fun and versatile. You'll learn skills which apply to all kinds of partner dancing as you dance to jazzy big band and popular music. Patterns are different each session. Basics are covered for newcomers. 5 weeks. No partner required. No class 11/11.

Fox, Kaylaa		Edison Community Center Hall A			
4434.400	16yrs to Adult	9/9 - 10/7	7:45pm-8:30pm	M	\$49
4434.401	16yrs to Adult	10/14 - 11/18	7:45pm-8:30pm	M	\$49

## DANCE: IMPROVISATIONAL DANCE WITH LIVE DRUMS

Learn an approach to dance that will free your spirit and move your soul. Improvisational dance encourages uninhibited movement with live drumming that gets you moving and encourages exploration of kinetics. Class begins with warm-up then the fun begins. Come have the time of your life. No dance experience necessary. One day off, TBA.

Fry, Charletta R		City Gym Room B			
5378.401	13yrs to Adult	9/9 - 11/4	4:30pm-5:30pm	M	\$88
5378.403	13yrs to Adult	11/18 - 12/9	4:30pm-5:30pm	M	\$44

## DANCE: LATIN LINE SIZZLE

Brand new one-of-a-kind Latin Line dance. Like its cousin Country Line, you don't need a partner to do Latin Line Dance. Simple, fun routines that anyone can learn based on cha-cha, salsa, cumbia and samba - set to sizzling Latin rhythms. No experience necessary. No partner necessary. Walk-ins welcome, \$10.

Foreman, Jill E		Rodgers Senior Center Hall A			
4524.400	Adult	9/10 - 10/22	5:00pm-5:45pm	Tu	\$49

## DANCE: LATIN SOLO FIT

Learn Latin Dance moves for 45 minutes working out your body, core and stamina. You don't need a partner to join. All dance moves are done solo. Bring a towel and water because you're sure to sweat and have an awesome time.

Dance Asylum, Giamcarski, Chris		Art Center Multipurpose Room			
4610.401	Adult	9/11 - 11/13	7:00pm-7:45pm	W	\$106

HBAC \$96

## DANCE: LINE DANCE LEVEL 1

Been wanting to learn to dance but don't know how to get started? Have fun while learning the basic steps and applying them in easy line dances, as well as how to read dance step sheets. Invite a friend so you can both experience the mental and physical benefits of dance and the joy of moving to music. No class 11/22 & 11/29.

Hazard, Sue A		Rodgers Senior Center Hall A			
4459.401	Adult	9/13 - 12/13	3:00pm-4:30pm	F	\$59

## DANCE: LINE DANCE FITNESS LEVEL 2

Dancing is a great way to reduce stress and get mentally and physically fit while having fun. Dancers who have knowledge and experience with the basic steps and dances are now ready to learn some more challenging dances and all-time favorites. Recommended prerequisite: Introduction Class or previous dance experience. No class 11/20.

Hazard, Sue A		Rodgers Senior Center Hall A			
4460.401	Adult	9/11 - 12/4	2:00pm-3:30pm	W	\$59

## DANCE: LINE DANCE LEVEL 3-4

Dancers who have knowledge and experience with beginning dances and cues are now ready to have even more fun learning more challenging dances along with the latest favorites. Great physical and mental exercise. Instructor is certified in dance and has been teaching over 20 years. No class 11/20.

Hazard, Sue A		Rodgers Senior Center Hall A			
4461.401	Adult	9/11 - 12/4	12:30pm-2:00pm	W	\$59

## DANCE: POLYNESIAN BEGINNING

Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance. Great for fine-tuning motor skills, building self-esteem and showmanship. Have fun dancing to the rhythms of the islands! Class fills quickly. Pre-registration is required. No class 11/28.

Seanoa, Melody A		Rodgers Senior Center Hall D			
4598.401	13yrs to Adult	9/12 - 10/17	6:00pm-7:00pm	Th	\$60
4598.402	13yrs to Adult	10/24 - 12/12	6:00pm-7:00pm	Th	\$70

## DANCE: PRIVATE DANCE LESSON

Get ready for that special event with a 1 hour private lesson tailored to your specific goals. Choose from Wedding First Dance, Ballroom dances, Salsa, Swing and more. Lessons arranged at your convenience at Edison Community Center. Two people maximum (you alone or bring a friend or partner). Time and date to be arranged with instructor.

Foreman, Jill E		See Receipt Notes			
4561.400	6yrs to Adult	9/9 - 12/20	8:00am-10:00pm	Su M Tu W Th	\$64

## DANCE: SALSA

Basics steps are taught to beginners step by step. You can dance immediately with confidence. Easy and fun salsa patterns and techniques. Partner not needed. \$2 material fee due at first class. No class 10/31.

Fox, Kaylaa		Murdy Community Center Hall C&D			
4335.400	Adult	9/12 - 10/3	8:30pm-9:15pm	Th	\$49
4335.401	Adult	10/10 - 11/7	8:30pm-9:15pm	Th	\$49

## DANCE: SWING BASICS

Fun and easy Swing Dance. Basics steps are taught to beginners so they may dance immediately with confidence. Swing dance is the most versatile and fun social dance since it can be danced to almost any kind of music. No partner necessary.

Fox, Kaylaa		Murdy Community Center Hall A			
4339.400	16yrs to Adult	9/19 - 10/17	8:15pm-9:15pm	Th	\$49
4339.401	16yrs to Adult	10/24 - 11/21	8:15pm-9:15pm	Th	\$49

## DANCE: SWING INTERMEDIATE

Move on to Swing intermediate. Combine and expand on your basic swing skills. Go beyond the basics to explore Lindy Hop, West Coast, and Charleston rhythms that will make your dancing more enjoyable. No partner needed.

Fox, Kaylaa		Murdy Community Center Hall A			
4340.400	Adult	9/19 - 10/17	7:15pm-8:15pm	Th	\$49
4340.401	Adult	10/24 - 11/21	7:15pm-8:15pm	Th	\$49

# Adult & Teen Classes

## DANCE: SWING ADVANCED

Move way beyond the basics. Advanced Swing moves to 4, 6 and 8 swing rhythms that will challenge you and make you shine on the dance floor. No partner necessary.

Fox, Kaylaa Murdy Community Center Hall A  
 4341.400 Adult 9/19 - 10/17 6:15pm-7:15pm Th \$49  
 4341.401 Adult 10/24 - 11/21 6:15pm-7:15pm Th \$49

## DANCE: TAP ADULTS AND SENIORS BEGINNING

No experience needed. Learn to tap in a fun friendly environment. A Broadway style tap routine will be taught. Guaranteed to increase balance and memory.

Roseth, Renee B Rodgers Senior Center Hall D  
 4342.401 Adult 9/9 - 12/16 5:00pm-6:00pm M \$195  
 4342.402 Adult 9/10 - 12/17 5:00pm-6:00pm Tu \$195

## DANCE: TAP ADULTS & SENIORS INTERMEDIATE/ADVANCED

Experience required. A fun, relaxed environment. Dance-Laugh-Love to the sound of music. An Intermediate routine will be taught.

Roseth, Renee B Rodgers Senior Center Hall D  
 4343.401 Adult 9/9 - 12/16 6:00pm-7:00pm M \$195  
 4343.402 Adult 9/10 - 12/17 6:00pm-7:00pm Tu \$195  
 4343.403 Adult 9/11 - 12/18 2:30pm-3:30pm W \$195

## DOG TRAINING: PUPPY KINDERGARTEN

Establish good manners and socialization skills at an early age through simple obedience training, emphasizing positive reinforcement and gentle handling. For puppies 2-5 months. We'll also discuss house-breaking, chewing, nipping, health tips, and other topics. Certificates presented at the last class. The first meeting held inside building, WITHOUT PUPPIES. Bring vaccination records and \$10 materials fee (includes training manual).

Dog Services Unlimited Murdy Community Center Basketball Courts  
 4580.400 10yrs to Adult 10/2 - 11/6 6:30pm-7:30pm W \$76

## DOG TRAINING: BEGINNING DOG OBEDIENCE

For dogs 5 months and older and handlers 10 years to adult. Obedience commands (heel, sit, down, stay, stand, come), long distance work, hand signals, and correcting bad habits (chewing, jumping, digging, etc). Trophies and certificates awarded at graduation. First meeting inside building, WITHOUT DOGS. Bring shot records and \$10 material fee (includes training manual). No class 10/31 & 11/28.

Dog Services Unlimited Murdy Community Center Basketball Courts  
 4345.400 10yrs to Adult 10/10 - 12/5 7:00pm-8:00pm Th \$88

Dog Services Unlimited Picnic #1 Edison Community Center  
 4346.400 10yrs to Adult 10/1 - 11/12 7:30pm-8:30pm Tu \$88  
 4346.401 10yrs to Adult 9/18 - 10/30 6:00pm-7:00pm W \$88

## DOG TRAINING: AKC CANINE GOOD CITIZEN TEST

If your dog has already learned basic obedience commands and is relaxed and friendly around other dogs and people, sign him up to be tested in ten skill areas and have him earn his Canine Good Citizen certificate from American Kennel Club! Please call 714-532-3647 if you'd like a list of the 10 skills to be tested.

Dog Services Unlimited Picnic #1 Edison Community Center  
 4344.400 10yrs to Adult 11/5 - 11/12 8:30pm-9:15pm Tu \$26

## DOG TRAINING: CALLING ALL FRISBEE DOGS

In this one-day workshop, you & your dog can start learning the fun sport of Frisbee Toss-N-Fetch! Includes throwing techniques, safety and motivating your dog to go for a disc and bring it back. Pre-registration is required! Bring current shot records & \$5 materials fee. (Includes Frisbee).

Dog Services Unlimited Dog Park, Edwards and Inlet.  
 4347.400 10yrs to Adult 10/20 4:00pm-5:30pm Su \$29

## DOG TRAINING: CRASH COURSE IN CANINE MANNERS

Accomplish your training goals and get behavior problems under control in just 4 weeks. For dogs 5 months or older will learn to obey commands: stay, come, sit, lie down and walk without pulling on a leash. Dog attend all meetings. Pre-registration is required. Instructor will brief students what to bring first lesson. No class 11/11.

Dog Services Unlimited Murdy Community Center Basketball Courts  
 4352.400 10yrs to Adult 10/21 - 11/18 7:00pm-8:15pm M \$78

## DOG TRAINING: FLYBALL BEGINNING

Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called." First class held without dogs. \$10 material fee due at first class.

Haney, Katherine Dog Park, Edwards and Inlet  
 4421.400 Adult 9/28 - 11/16 9:00am-10:00am Sa \$85

## DOG TRAINING: K9 WORK & PLAY

Challenge your dog with new commands, reinforce obedience basics and stimulate them with fun activities. Work on distance down and sits, drop on recall and progress to sit-stay and down-stay with handlers out of sight. Pre-requisite: beginning dog obedience. Dogs attend all meetings. Pre-registration required. Bring training collar, leash, long line, vaccination records and \$5 materials fee.

Dog Services Unlimited Murdy Community Center Basketball Courts  
 4581.400 10yrs to Adult 10/2 - 11/6 7:30pm-8:30pm W \$76

## DOLL COLLECTING

Doll collecting is an interesting and popular hobby. History, detective work, art, fun and friends are all parts of this enjoyable activity. Learn about local, regional and national organizations. Hear about events to attend. See types of dolls and share collecting tips. New and experienced collectors and returning students welcome.

Shelby, Frances C Rodgers Senior Center Hall C  
 3673.401 Adult 9/28 9:30am-11:30am Sa \$12  
 3673.402 Adult 10/1 9:00am-11:00am Tu \$12

## DRUM YOURSELF HEALTHY

As seen in Wall Street Journal, Interactive Group Drumming has been shown to increase the activity of your white blood cells (cancer killing cells) and decrease stress. There is no experience necessary to realize the mind-body benefits of this fun and creative practice. Discover your own inner rhythm as you explore the fascinating world of percussion. It's not about being a great drummer; it's all about the drumming. Instruments provided at class.

Kixcom-William, Rybacek Rodgers Senior Center Hall B  
 4622.400 Adult 9/17 - 10/8 10:00am-11:15am Tu \$69

Register Online! [www.hbsands.org](http://www.hbsands.org)



# Adult & Teen Classes

## FITNESS: AB-CORE BLAST

This class will strengthen the abdominals and the core/powerhouse muscles of the body. Maintenance of these muscles is essential for everyday life and regular conditioning can create a flatter looking abdomen region, better posture, enhanced movement and mobility of the limbs, all while reducing the risks for certain back injuries. Bring exercise mat and medium-large sized fitness stability ball. No class 11/11, 11/28, 11/29 & 12/14.

HB Pilates		Murdy Community Center Hall B			
4568.400	16yrs to Adult	9/11 - 11/20	6:30pm-7:00pm	W	\$54
4568.401	16yrs to Adult	12/4 - 12/18	6:30pm-7:00pm	W	\$24

HB Pilates		City Gym Room A			
4600.400	16yrs to Adult	9/10 - 11/19	6:30pm-7:00pm	Tu	\$54
4600.401	16yrs to Adult	12/3 - 12/17	6:30pm-7:00pm	Tu	\$24
4600.402	16yrs to Adult	9/11 - 11/20	11:15am-11:45am	W	\$54
4600.403	16yrs to Adult	12/4 - 12/18	11:15am-11:45am	W	\$24

HB Pilates		Edison Community Center Hall B			
4605.400	Adult	9/9 - 11/18	8:30pm-9:00pm	M	\$60
4605.401	Adult	12/2 - 12/16	8:30pm-9:00pm	M	\$24
4605.402	Adult	9/10 - 11/19	11:15am-11:45am	Tu	\$54
4605.403	Adult	12/3 - 12/17	11:15am-11:45am	Tu	\$24

## FITNESS: BOOT CAMP WORKOUT

Fun and energizing exercise class. A short running session followed by sit-ups, push-ups, and light weights. Everything for a full-body workout. All levels of fitness welcome. Compete only against yourself. No class 11/26.

Grossman, Marianne		Edison Community Center Hall A			
4358.400	Adult	9/10 - 12/10	5:45pm-6:45pm	Tu	\$100

## FITNESS: CARDIO SCULPT

Join the fun! Combining step combinations with low impact and strength training to burn calories and improve heart and muscle health. Steps provided for an effective, energizing workout. Please bring water, towel, and exercise mat. Bringing your own hand held weights is also recommended. No class 11/28.

Pridomirski, Joanne C		Edison Community Center Hall A			
4369.400	13yrs to Adult	9/10 - 12/5	8:45am-9:45am	Tu Th	\$95

## FITNESS: CARDIO STEP AND BODY SCULPT

Step aerobics is a high calorie-burning workout with less stress on ankles and joints compared to other impact classes. Steps range from 4 to 8 inches accommodating beginner through advanced. Upper body workout with light weights and abdominal work finishes up the class. Bring hand weights and a mat. No class 11/11, 11/27, 11/29 & 11/30.

Hardy, Susan S		Edison Community Center Hall B			
4371.400	13yrs to Adult	9/9 - 12/13	5:15pm-6:15pm	M W F	\$142
4371.401	13yrs to Adult	9/14 - 11/16	8:30am-9:30am	Sa	\$47

## FITNESS: CARDIO STEP FOR THE HEART

This class raises the heart rate by stepping up and down on 4, 6, or 8-inch steps. A step workout effectively burns fat while strengthening your heart and toning lower body. Different size steps are provided for beginners through advanced levels. \*Take CARDIO STEP FOR THE HEART plus HEAD TO TOE WORKOUT together and save. No class 11/11, 1/27 & 11/29.

Hardy, Susan S		Murdy Community Center Hall A			
4370.400	13yrs to Adult	9/9 - 12/13	9:15am-10:00am	M W F	\$136
*4424.400	Head + Toe/ Step Combo	9/9 - 12/13	8:30am-10:00am	M W F	\$165

## FITNESS: CARDIOFIT FOR SENIORS

As we age, leading an active lifestyle becomes more important than ever. Regular exercise helps seniors maintain health, boost energy and improve confidence! Come experience Senior CardioFit, a class designed for folks 50+ with fun music and easy to follow low impact routines. Stay motivated and keep moving! No classes 11/26 & 11/28.

Grossman, Marianne		Rodgers Senior Center Hall B			
4816.401	50yrs +	9/10 - 12/13	9:00am-9:45am	Tu F	\$65

## FITNESS: FAMILY MARTIAL ARTS

Enjoy working out and getting healthier together with all family members. Ancient art of Korean Tang Soo Do is a traditional art with a 2000 year legacy. Minimum one adult and one child per family group. \$64 for one day weekly up to 3 family members, \$4 per each extra person. \$115 for both days up to 3 family members, \$5 per each extra person. Opportunities for advancement.

Cardinal, Frances M		Rodgers Senior Center Hall B			
4386.401	3yrs to Adult	9/10 - 12/3	5:00pm-6:00pm	Tu	\$64
4386.402	3yrs to Adult	9/12 - 12/5	5:00pm-6:00pm	Th	\$64
4386.403	3yrs to Adult	9/10 - 12/5	5:00pm-6:00pm	Tu Th	\$115

## FITNESS: HEAD TO TOE WORKOUT

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands, and tubes as resistance this class targets hips and thighs. Exercises are safe and emphasize injury prevention. Bring a mat. \*Take HEAD TO TOE WORKOUT plus CARDIO STEP FOR THE HEART together and save. No class 11/11, 11/27 & 11/29.

Hardy, Susan S		Murdy Community Center Hall A			
4363.400	13yrs to Adult	9/9 - 12/13	8:30am-9:15am	M W F	\$136
*4424.400	Head + Toe/ Step Combo	9/9 - 12/13	8:30am-10:00am	M W F	\$165

## FITNESS: HEAD TO TOE WORKOUT/ STEPPING COMBO

Combine Head to Toe Workout and Step for the Heart and save \$. Please see description for each class. No class 11/11, 11/27 & 11/29.

Hardy, Susan S		Murdy Community Center Hall A			
4424.400	13yrs to Adult	9/9 - 12/13	8:30am-10:00am	M W F	\$165

## FITNESS: JAZZERCISE

This jazz dance exercise class is a total body-conditioning program based on simple dance movements and a follow-the-leader class structure. Class is co-ed. Please bring a towel or mat to class. Class times are M,W,F 9:00-10:05am; TTH 6:00-7:05pm; Sat 7:45-8:45am; walk-ins welcome, \$15. Registration is accepted in person at any time. No class 11/11, 11/28 and 11/29.

Wilker, Mary M		City Gym Gymnasium			
4364.400	Monthly Pass		\$40		
4364.401	10 Classes		\$55		
4364.402	4 Classes		\$25		

## FITNESS: KICKBOXING AEROBICS

Shape up with a black belt instructor who makes the popular karate kick boxing exercise fun for all levels. Easy to follow punches, kicks, elbow strikes and more. After a warm-up, stretch and aerobic segment, students have fun punching a bag. This workout burns twice the calories of a typical aerobic class.

Weber, Julia R		Murdy Community Center Hall A			
4360.400	13yrs to Adult	9/10 - 12/3	7:00pm-8:00pm	Tu	\$94

# Adult & Teen Classes

## FITNESS: PILATES CARDIO BARRE

This high-energy class incorporates Pilates, yoga and dance with cardio interval training to tone and strengthen the entire body. Combining Pilates on the Barre, thera-bands and exercise balls, this class will have you feeling fit and fabulous in no time while burning mega calories. Fitness level: Intermediate. Bring water, towel and mat. No class 11/11, 11/28, 11/29 & 12/14.

HB Pilates		Murdy Community Center Hall B				
4511.400	16yrs to Adult	9/10 - 11/19	7:15pm-8:15pm	Tu	\$132	
4511.401	16yrs to Adult	12/3 - 12/17	7:15pm-8:15pm	Tu	\$42	

HB Pilates		Edison Community Center Hall B				
4513.400	Adult	9/9 - 11/18	7:30pm-8:30pm	M	\$120	
4513.401	Adult	12/2 - 12/16	7:30pm-8:30pm	M	\$42	

HB Pilates		City Gym Room A				
4514.400	16yrs to Adult	9/11 - 11/20	10:15am-11:15am	W	\$110	
4514.401	16yrs to Adult	12/4 - 12/18	10:15am-11:15am	W	\$42	
4514.402	16yrs to Adult	9/11 - 11/20	5:15pm-6:15pm	W	\$110	
4514.403	16yrs to Adult	12/4 - 12/18	5:15pm-6:15pm	W	\$42	
4514.404	16yrs to Adult	9/12 - 11/21	7:15pm-8:15pm	Th	\$132	
4514.405	16yrs to Adult	12/5 - 12/19	7:15pm-8:15pm	Th	\$42	
4514.406	16yrs to Adult	9/13 - 11/22	9:00am-10:00am	F	\$132	
4514.407	16yrs to Adult	12/6 - 12/20	9:00am-10:00am	F	\$42	

## FITNESS: PILATES MAT CLASS

This class is designed for all ages and ability levels. The exercises are low impact with high results. Work on core strength, toning arms and thighs, and conditioning the entire body. Pilates is designed to improve posture, strength, flexibility, balance and total mind-body awareness. Bring water and an exercise mat. No class 11/11, 11/28, 11/29 & 12/14.

HB Pilates		Edison Community Center Hall B				
4365.400	Adult	9/9 - 11/18	6:30pm-7:30pm	M	\$110	
4365.401	Adult	12/2 - 12/16	6:30pm-7:30pm	M	\$39	
4365.402	Adult	9/10 - 11/19	9:00am-10:00am	Tu	\$121	
4365.403	Adult	12/3 - 12/17	9:00am-10:00am	Tu	\$39	
4365.404	Adult	9/13 - 11/22	10:30am-11:30am	F	\$121	
4365.405	Adult	12/6 - 12/20	10:30am-11:30am	F	\$39	

HB Pilates		City Gym Room A				
4366.400	16yrs to Adult	9/11 - 11/20	9:00am-10:00am	W	\$121	
4366.401	16yrs to Adult	12/4 - 12/18	9:00am-10:00am	W	\$39	
4366.402	16yrs to Adult	9/12 - 11/21	6:15pm-7:15pm	Th	\$121	
4366.403	16yrs to Adult	12/5 - 12/19	6:15pm-7:15pm	Th	\$39	

HB Pilates		Murdy Community Center Hall A				
4465.400	16yrs to Adult	9/9 - 11/18	10:15am-11:15am	M	\$110	
4465.401	16yrs to Adult	12/2 - 12/16	10:15am-11:15am	M	\$39	
4465.402	16yrs to Adult	9/10 - 11/19	6:00pm-7:00pm	Tu	\$121	
4465.403	16yrs to Adult	12/3 - 12/17	6:00pm-7:00pm	Tu	\$39	
4465.404	16yrs to Adult	9/14 - 11/23	9:00am-10:00am	Sa	\$131	
4465.405	16yrs to Adult	12/7 - 12/21	9:00am-10:00am	Sa	\$28	

HB Pilates		Rodgers Senior Center Game Room				
4539.400	Adult	9/11 - 11/20	5:00pm-6:00pm	W	\$121	
4539.401	Adult	12/4 - 12/18	5:00pm-6:00pm	W	\$39	
4539.402	Adult	9/14 - 11/23	10:00am-11:00am	Sa	\$121	
4539.403	Adult	12/7 - 12/21	10:00am-11:00am	Sa	\$39	

**Parks & Recreation...**  
**Builds Strong Bodies**  
 ...The Benefits Are Endless



## FITNESS: PILOXING

From Hollywood to Huntington Beach, PILOXING® combines Pilates and boxing into one fat torching, muscle sculpting workout that is fun, challenging and guaranteed to whip you into shape. PILOXING® integrates the power, speed, and agility of boxing with the strength and flexibility of Pilates. Attain a sleek, lean, powerful self-image. Bring exercise mat. No class 11/11, 11/28, 11/29 & 12/14.

HB Pilates		City Gym Room A				
4544.400	16yrs to Adult	9/10 - 11/19	7:00pm-8:00pm	Tu	\$132	
4544.401	16yrs to Adult	12/3 - 12/17	7:00pm-8:00pm	Tu	\$42	
4544.402	16yrs to Adult	9/12 - 11/21	5:15pm-6:15pm	Th	\$132	
4544.403	16yrs to Adult	12/5 - 12/19	5:15pm-6:15pm	Th	\$42	

HB Pilates		Murdy Community Center Hall B				
4545.400	Adult	9/11 - 11/20	7:00pm-8:00pm	W	\$132	
4545.401	Adult	12/4 - 12/18	7:00pm-8:00pm	W	\$42	
4545.402	Adult	9/14 - 11/23	10:15am-11:15am	Sa	\$132	
4545.403	Adult	12/7 - 12/21	10:15am-11:15am	Sa	\$30	

HB Pilates		Edison Community Center Hall B				
4571.400	Adult	9/10 - 11/19	10:15am-11:15am	Tu	\$132	
4571.401	Adult	12/3 - 12/17	10:15am-11:15am	Tu	\$42	

## FITNESS: PILOXING FOR TEENS

PILOXING the perfect combination of boxing, Pilates, and dance that will help keep your teen active and fit. Enjoy this high intensity workout to fun music and be prepared to sweat. PILOXING will help increase coordination, flexibility, strength, power, memory retention; all while burning mega calories along the way! Bring mat, towel, water. No class 10/31 & 11/28.

HB Pilates		Murdy Community Center Hall B				
4636.400	16yrs to Adult	9/12 - 11/7	5:00pm-6:00pm	Th	\$86	
4636.401	16yrs to Adult	11/14 - 12/19	5:00pm-6:00pm	Th	\$56	

## FITNESS: PRIVATE PERSONAL TRAINING/ PILATES SESSION

Train one-on-one with a NASM Certified Personal Trainer and BASI Certified Pilates Instructor for one hour. Each workout is specifically designed to target personal health and fitness goals utilizing the essentials and equipment from both Pilates and personal training to maximize results. Time and dates TBD No class 11/11, 11/28, 11/29 & 12/14.

HB Pilates		Murdy Community Center Hall B				
4606.400	Adult	9/9 - 12/21	TBD	TBD	\$60	

## FITNESS: SLIM & TRIM BY GEORGIA

Fun with low-impact aerobics, simple dance steps, slow stretching, lively floor routines, firming and toning, and relaxing lower back exercises done to a variety of music styles. See you in class. Bring a mat. No class 11/11 & 11/28.

Spidle, Georgia A		Edison Community Center Hall A				
4367.400	13yrs to Adult	9/13 - 11/27	9:00am-10:00am	M W F	\$75	

Spidle, Georgia A		Murdy Community Center Hall A				
4368.400	13yrs to Adult	9/10 - 12/5	9:00am-10:00am	Tu Th	\$70	



# Adult & Teen Classes

## FITNESS: TOTAL BODY STRETCH

Everyone benefits from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed, and can even prevent injuries. This easy-to-follow class will help make stretching a part of your wellness routine. Bring an exercise mat. No class 11/11.

Grossman, Marianne      Rodgers Senior Center Hall A & B  
4372.401      Adult      9/9 - 12/9      5:30pm-6:30pm      M      \$83

## FITNESS: TURBO KICK

Turbo Kick is a combination of kickboxing moves as well as dance moves choreographed to fun and motivating music. It's a unique blend of intense intervals, strength/endurance training, and a relaxing cool-down. Turbo Kick requires no kickboxing experience or equipment. Bring water, towel, and join the party!

Ferguson, Jennifer      Edison Community Center Hall A  
4617.400      Adult      9/10 - 11/26      7:15pm-8:15pm      Tu      \$75

## FITNESS: ZUMBA

It's different! Effective! Zumba's body sculpting moves and engaging dance steps are set to a fabulous fusion of Latin and International music. Cha-cha, mambo, rock-n-roll and belly dance your way to fitness in this exciting class of calorie-burning, body-energizing fun. Ditch the workout - Join the Party! [www.sockhopfitness.com](http://www.sockhopfitness.com).

Foreman, Jill E      Edison Community Center Hall A  
4446.400      16yrs to Adult      9/11 - 12/4      6:35pm-7:20pm      W      \$84

Foreman, Jill E      Murdy Community Center Hall A  
4628.400      Adult      9/18 - 12/4      6:00pm-6:50pm      W      \$77  
4628.401      Adult      9/14 - 12/7      8:00am-8:50am      Sa      \$84

## FITNESS: ZUMBA - AGES 6 TO 86!

Bring your family and friends to this fun-packed Zumba class for everyone ages 6 to 96! Reap the benefits of a calorie-torching workout while you "Zumba" to fabulous Latin and International music. Increases coordination, rhythm, balance, muscle tone, aerobic fitness and fun!

Foreman, Jill E      Rodgers Senior Center Hall A  
4573.401      6yrs to 86yrs      9/10 - 10/22      6:00pm-6:50pm      Tu      \$52  
4573.402      6yrs to 86yrs      10/29 - 12/3      6:00pm-6:50pm      Tu      \$45

## FITNESS: ZUMBA GOLD

Designed for active seniors or anyone just starting to exercise, Zumba Gold combines body sculpting moves with easy dance steps set to a fabulous mix of Latin and International music. Dance and shimmy your way to fitness while you burn calories, tone muscle and put a smile on your face.

Foreman, Jill E      Murdy Community Center Hall A  
4635.400      Adult      9/24 - 12/3      8:00am-8:50am      Tu      \$71

## FITNESS: ZUMBA GOLD & TONE

It's fun! It's different! These easy yet enticing dance steps will improve balance, strength, coordination and aerobic fitness while you enjoy the sizzling Latin music. Maraca-like toning sticks enhance rhythm and tone muscles. A joyful workout for body and mind. Walk-ins welcome \$12. No class 11/11.

Foreman, Jill E      Rodgers Senior Center Hall A & B  
4373.400      Adult      9/9 - 12/2      9:00am-9:50am      M      \$78  
4373.401      Adult      9/14 - 10/26      9:00am-9:50am      Sa      \$52  
4373.402      Adult      11/2 - 12/7      9:00am-9:50am      Sa      \$45  
4373.403      Adult      9/14 - 12/7      9:00am-9:50am      Sa      \$84

## FITNESS: ZUMBA SENTAO

By popular demand: an entire class devoted to Sentao, the revolutionary new workout from Zumba which transforms a chair into your best dance partner ever. Sentao delivers an amazing cardio and strength workout that will transform your body and entertain your soul.

Foreman, Jill E      Edison Community Center Hall A  
4590.400      16yrs to Adult      9/11 - 12/4      5:45pm-6:30pm      W      \$84

## FITNESS: ZUMBA TONING

The perfect way to sculpt while having a total blast! Zumba Toning combines body-sculpting exercises and high energy cardio with Latin-infused Zumba moves for a calorie torching, strength training dance fitness party. Lightweight, maraca-like Zumba Toning sticks can be purchased or bring 1-3 lb. hand weights. No class 11/11.

Foreman, Jill E      Edison Community Center Hall A  
4489.400      16yrs to Adult      9/9 - 12/2      5:45pm-6:30pm      M      \$80

## FITNESS: ZUMBA TONING & SENTAO

Revolutionize your workout with two Zumba classes at a nice discount: Toning on Monday and Sentao on Wednesday. Using a chair as your "dance partner" Sentao revitalizes your cardio with moves you've never seen before. Add in the power of Toning and you've got a calorie-torching, core strengthening fitness party! No class 11/11.

Foreman, Jill E      Edison Community Center Hall A  
4634.400      Adult      9/11 - 12/4      5:45pm-6:30pm      M W      \$145

## GOLF: GROUP LESSONS BEGINNING

Enjoy the game for a lifetime. Learn the basic fundamentals involved in short game, full swing, learn basic rules and etiquette. Classes taught by Dan Yenny, Scott Osterhout, or Darren Ernst.

FORE Golf, Management, LLC      Meadowlark Golf Course  
16782 Graham St.

4377.400      17yrs to Adult      10/1 - 10/22      11:00am-12:00pm      Tu      \$99  
4377.401      17yrs to Adult      11/5 - 11/26      11:00am-12:00pm      Tu      \$99  
4377.402      17yrs to Adult      9/14 - 10/5      10:00am-11:00am      Sa      \$99  
4377.403      17yrs to Adult      11/2 - 11/23      10:00am-11:00am      Sa      \$99

## GUITAR: HOLIDAY SONGS

Let's sing Holiday songs! Join our group to learn all those wonderful Holiday classics just in time to share with family and friends. Participants should have some experience playing guitar or attended a Strumming and Singing class.

McGrath Music, Patrick McGrath      Edison Community Center Hall B  
4633.400      10yrs to Adult      11/5 - 11/26      7:15pm-8:15pm      Tu      \$80

## GUITAR: STRUMMING AND SINGING

Beginning guitar students will learn chords and how to apply them to traditional folk, pop, and camp songs. The class will also introduce students to singing while accompanying themselves on guitar. Fun and interactive, Strumming and Singing will have students young and old ready to bring their skills to the next party, family gathering or camp out!

McGrath Music, Patrick McGrath      Edison Community Center Hall B  
4615.400      10yrs to Adult      9/10 - 10/29      7:15pm-8:15pm      Tu      \$125

## FLY FISHING - GETTING STARTED IN SOUTHERN CALIFORNIA

Learn how to fly fish in 2013! Class covers; fly fishing equipment, casting techniques and fly tying. Instructor provides each student with individual equipment and materials for the class. Also included is practice time to improve skills. Learn "secret" fishing locations in southern California. A post-class fishing trip will be scheduled.

Nelson, Charles D      Rodgers Senior Center Hall E  
4374.401      11yrs to Adult      9/9 - 9/23      6:00pm-8:00pm      M      \$59

Register Online! [www.hbsands.org](http://www.hbsands.org)

# Adult & Teen Classes



## HIKING BEAUTIFUL SO CALIFORNIA

Experience hiking in Southern California's wonderful outdoor terrain. Progresses from easy to moderate hikes in local natural areas. Transportation provided. This class involves moderate physical activity. Great local hikes for men and women! Frances Shelby, Chuck Nelson facilitators. Orientation class 9/9, 9am - 11am. Hike dates are 9/16, 9/23, 10/28, 11/4. Shelby, Frances C

Rodgers Senior Center Hall E

4378.401	Adult	9/9 - 11/4	8:00am-4:00pm	M	\$63
----------	-------	------------	---------------	---	------

Orientation class 9/13, 9:00am-11:00am. Hikes: 9/20, 9/27, 10/25, 11/8. Great local hikes for men and women! Frances Shelby, Chuck Nelson facilitators.

Shelby, Frances C

Rodgers Senior Center Hall E

4627.401	Adult	9/13 - 11/8	8:00am-4:00pm	F	\$63
----------	-------	-------------	---------------	---	------

## ITALIAN: BEGINNING 1A

This course focuses on day to day spoken Italian for those with little or no experience. Themes include greeting, shopping, ordering in a restaurant, etc. Material may be adapted to preference and experience of participants. No class 11/28.

Spectrum, Languages Edison Community Center Hall C&D

4551.400	Adult	9/26 - 12/5	6:30pm-7:30pm	Th	\$110
----------	-------	-------------	---------------	----	-------

## ITALIAN: INTERMEDIATE 1B

This class will focus on spoken Italian and is a continuation of Beginning Italian 1A. Class topics will vary upon the requests and level of the participants. Students will be taught how to communicate on a day to day basis as well as in specific situations. No class 11/28.

Spectrum, Languages Edison Community Center Hall C&D

4604.400	Adult	9/26 - 12/5	7:30pm-8:30pm	Th	\$110
----------	-------	-------------	---------------	----	-------

## KARATE: PRACTICAL MARTIAL ARTS

Learn practical self-defense in a fun and safe environment. Our system instills a sense of respect, self-confidence, and focus; and adds to that a modern flavor of training. We combine the striking involved in Muay Thai, and Boxing - the groundwork of Jiu-Jitsu, and the throws and takedowns trained in Wrestling and Judo. You will sweat and have a good time. - Belt Advancement is Available.

Betance, Justin

Murdy Community Center Hall B

4441.400	16yrs to Adult	9/12 - 11/23	7:30pm-8:30pm	Th	\$150
			9:00am-9:45am	Sa	

## KARATE: TAE KWON DO

Develop coordination, improve balance, and achieve total fitness and self-defense while increasing self-confidence. Uniforms will be available for purchase from instructor. No class 11/11 & 11/28.

Tillehkooh, Kiavash

City Gym Room B

4381.400	13yrs to Adult	9/9 - 12/2	7:15pm-8:00pm	M	\$177
4381.401	13yrs to Adult	9/10 - 12/3	7:15pm-8:00pm	Tu	\$177
4381.402	13yrs to Adult	9/11 - 12/4	7:15pm-8:00pm	W	\$177
4381.403	13yrs to Adult	9/12 - 12/5	7:15pm-8:00pm	Th	\$177

## KARATE: TRADITIONAL JAPANESE KARATE-DO ALL RANK

Learn traditional karate. Improve your physical fitness and balance. Come and learn basic Japanese commands and counting, meditation, self-defense, and how to spar correctly. This class is ongoing and progressive. Uniforms and equipment are available for purchase from instructor. No class 11/28.

Wadoryu USA, Nishimura Shoji Edison Community Center Hall A

4383.400	15yrs to Adult	9/12 - 12/12	7:00pm-8:15pm	Th	\$130
----------	----------------	--------------	---------------	----	-------

## KINETIC MINDFULNESS

The process called "Kinetic Mindfulness" is a form of active meditation. The process focuses on breathing techniques, "urban" meditation and creative imaging for practical and fulfilled living.

Phears, William David

Rodgers Senior Center Hall C

4611.400	Adult	9/9 - 10/28	9:30am-10:30am	M	\$40
----------	-------	-------------	----------------	---	------

## MARTIAL ARTS FOR ADULTS

Students will be introduced to the basics of Tang Soo Do Karate. Basic blocks, kicks, punches, and forms will be featured. Opportunities for advancement. Any one day \$55, any 2 days \$100, all 3 days \$145. No Saturday classes on the first Saturday of each month.

Cardinal, Frances M

Rodgers Senior Center Hall B

4385.400	13yrs to Adult	9/10 - 12/3	6:15pm-7:45pm	Tu	\$55
4385.401	13yrs to Adult	9/12 - 12/5	6:15pm-7:45pm	Th	\$55
4385.402	13yrs to Adult	9/14 - 11/30	10:00am-12:00pm	Sa	\$55
4385.403	13yrs to Adult	9/10 - 12/5	6:15pm-7:45pm	Any 2 days	\$100
4385.404	13yrs to Adult	9/10 - 12/5	6:15pm-7:45pm	All 3 days	\$145

## MUSIC: UKULELE 101 A BEGINNING CLASS

Learn 10 songs in 10 minutes! No prior musical training necessary. This is a hands-on class and you will be amazed by what you learn. Bring your uke and plan to have fun! No class 10/1. \$5 material fee due at first class.

Price, Donald F

Rodgers Senior Center Hall E

4390.401	Adult	9/17 - 10/29	9:30am-10:30am	Tu	\$49
----------	-------	--------------	----------------	----	------

## MUSIC: UKULELE 102 - BEYOND BEGINNERS

A 2nd class for learning to play the ukulele. Learn new strumming techniques. Learn to recognize chord patterns. Learn simple chord melodies and tips and tricks to enhance your playing skills. No class 10/1. \$5 material fee due at first class.

Price, Donald F

Rodgers Senior Center Hall E

4391.400	Adult	9/17 - 10/29	10:45am-11:45am	Tu	\$49
----------	-------	--------------	-----------------	----	------

## QIGONG (CHINESE YOGA)

Esteemed by the Chinese for thousands of years for illness prevention and therapeutic benefit, this easy-to-learn practice includes gentle movements to promote flexibility and tone, breathing methods to calm. All activity is done standing or sitting in a chair. Instructor has a Qigong Master teaching credential. 1st class is free.

Walker, Donald D

Murdy Community Center Hall C&D

4394.400	Adult	9/11 - 10/23	6:00pm-7:15pm	W	\$49
----------	-------	--------------	---------------	---	------

Register Online! [www.hbsands.org](http://www.hbsands.org)

# Adult & Teen Classes

## SKATING: ICE SKATING FOR ADULTS

Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (6:40-7:10pm), and three additional skating passes to be used during the 4-week session.

Westminster Ice		13071 Springdale, Westminster				
4436.400	17yrs to Adult	9/18 - 10/9	6:10pm-6:40pm	W	\$37	
4436.401	17yrs to Adult	10/23 - 11/13	6:10pm-6:40pm	W	\$37	

## SPANISH FOR FUN AND FOREVER – BEGINNING

Using recipes for clear, concise communication without difficult verb conjugation, the student can easily express his message in Spanish. The class is packed with visuals, songs, rhymes, movement activities and games. Each student receives color visuals for mastery of the current vocabulary. \$5 material fee due at first class.

Blades, Murnez		Rodgers Senior Center Hall C				
4399.401	Adult	10/1 - 11/19	6:00pm-7:00pm	Tu	\$94	
4399.402	Adult	10/3 - 11/21	3:00pm-4:00pm	Th	\$94	

## SPANISH FOR FUN AND FOREVER – INTERMEDIATE

Building upon what they have learned in the previous sessions, the students continue using the recipe system and build upon it. They begin to learn a few of the finer points of communication and become more fluent. \$5 material fee due at first class.

Blades, Murnez		Rodgers Senior Center Hall E				
4400.401	Adult	10/3 - 11/21	4:15pm-5:15pm	Th	\$94	

## SURFING: BASIC SURF LESSON

This is a single lesson to introduce you to the joy of surfing and focuses on the basics of catching and riding waves, students must be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach with 30 years experience. [www.hbsurfschool.com](http://www.hbsurfschool.com).

HB Surf School, Bill Sharp Beach Service Center – south side of pier

4402.401	10yrs to Adult	10/12	9:00am-10:30am	Sa	\$75	
4402.402	10yrs to Adult	10/19	9:00am-10:30am	Sa	\$75	
4402.403	10yrs to Adult	10/26	9:00am-10:30am	Sa	\$75	
4402.404	10yrs to Adult	11/9	9:00am-10:30am	Sa	\$75	
4402.405	10yrs to Adult	11/16	9:00am-10:30am	Sa	\$75	
4402.406	10yrs to Adult	11/23	9:00am-10:30am	Sa	\$75	
4402.407	10yrs to Adult	12/7	9:00am-10:30am	Sa	\$75	
4402.408	10yrs to Adult	12/14	9:00am-10:30am	Sa	\$75	
4402.409	10yrs to Adult	12/21	9:00am-10:30am	Sa	\$75	

## SURFING: LEARN TO SURF

This is a four lesson surf program that stresses beach safety and fun while you learn the basics of catching and riding waves, and ocean safety. Students must be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach with 30 years experience. [www.hbsurfschool.com](http://www.hbsurfschool.com).

HB Surf School, Bill Sharp Beach Service Center – south side of pier

4403.401	10yrs to Adult	10/12 - 10/27	9:00am-10:30am	Su Sa	\$200	
4403.402	10yrs to Adult	11/9 - 11/24	9:00am-10:30am	Su Sa	\$200	
4403.403	10yrs to Adult	12/7 - 12/22	9:00am-10:30am	Su Sa	\$200	

## TAI CHI CHUAN FOR BEGINNERS

A “no sweat” form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body’s muscles. Wear comfortable clothing and flat-soled shoes. No class 11/ 11, 11/25 & 11/28.

Pham, Elizabeth		Rodgers Senior Center Hall B				
4407.401	Adult	9/9 - 12/16	6:45pm-8:15pm	M	\$65	
4407.402	Adult	9/12 - 12/12	9:00am-10:30pm	Th	\$65	

## TAI CHI CHUAN FOR INTERMEDIATE

A “no sweat” form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body’s muscles. Wear comfortable clothing and flat-soled shoes. No class 11/11, 11/25 and 11/28.

Howe, Shona S		Rodgers Senior Center Hall B				
4499.401	Adult	9/9 - 12/16	6:45pm-8:15pm	M	\$65	
4499.402	Adult	9/12 - 12/12	9:00am-10:30am	Th	\$65	

## TAI CHI FOR WELLNESS I

First class is free! Relax, balance, and revitalize your body, mind and life force. Not a martial art or religion. The graceful, flowing movements improve health by toning muscles, increasing flexibility and aligning the body through a systematic release of stress. Instructor has a Tai Chi Masters teaching credential.

Walker, Donald D		Edison Community Center Hall B				
4404.400	Adult	9/9 - 10/21	1:30pm-2:45pm	M	\$49	

Walker, Donald D		Murdy Community Center Hall B				
4405.400	Adult	9/9 - 10/21	6:30pm-7:45pm	M	\$49	

## TAI CHI TIGER WALKING

First class is free! Increase the benefits of walking by including the mindful principles of the fluid, flowing movement of Tai Chi. You’ll soon walk farther, faster, with less effort, and no injury while gathering vital life force.

Walker, Donald D		Lake Park Clubhouse, 1035 11th Street				
4435.401	Adult	9/24 - 10/22	1:30pm-2:45pm	Tu	\$45	
4435.402	Adult	9/24 - 10/22	6:30pm-7:45pm	Tu	\$45	

## VOLLEYBALL: ADULT INDOOR CLINIC – INTERMEDIATE

This class is designed for those who have good fundamentals in addition to general consistency with their ball control. Students at this level can expect to learn advanced aspects of the game from strategy to overall improved technique. Guided play to follow instruction and drills.

Taylor, Matthew R		City Gym Gymnasium				
4583.400	16yrs to Adult	9/10 - 10/15	7:15pm-9:15pm	Tu	\$99	
4583.401	16yrs to Adult	10/22 - 11/26	7:15pm-9:15pm	Tu	\$99	

## WOMEN'S VOLLEYBALL

Tuesday and Thursday is Intermediate/Advanced competitive league play only! Wednesday is for the beginning to intermediate players to refresh their skills of bumping, setting, spiking and serving. Fridays are for advance players only, they must try out first day to make the list/team. No class 11/28 & 11/29.

DiGiovanni, Joann N K		City Gym Gymnasium				
4409.400	18yrs to 80yrs	9/17 - 12/3	9:30am-12:30pm	Tu	\$70	
4409.401	18yrs to 80yrs	9/18 - 12/4	10:30am-12:00pm	W	\$45	
4409.402	18yrs to 70yrs	9/19 - 12/5	9:30am-12:30pm	Th	\$70	
4409.403	18yrs to 60yrs	9/20 - 12/6	10:30am-12:00pm	F	\$99	

## YOGA: BEACH VINYASA YOGA

Beautiful yoga at the beach! Come flow with me on Thursday mornings at 8:30am for one hour of Vinyasa. Increase strength and flexibility as we find our inner peace with the tranquil sea before us. Breathe in the ocean air and nourish your body and spirit for one hour that belongs to solely you. A lovely way to start your day. We will be on the sand between 9th and 10th streets. North of the pier near the circle bike path. Bring a mat, water and wear sunscreen. Namaste my friends. All levels are welcome.

Stanek, Denise		Beach				
4630.401	17yrs to Adult	9/12 - 10/31	8:30am-9:30am	Th	\$106	
					HBAC	\$96



# Adult & Teen Classes

## YOGA: CANDLELIGHT VINYASA YOGA

Decompress by candlelight on Tuesday evenings at HB's inspiring Art Center. Vinyasa yoga is a power yoga that provides a great workout while increasing strength and flexibility. Each class will strive to balance mind, body and spirit while decreasing stress and increasing inner peace and awareness.

Stanek, Denise Art Center Multipurpose Room  
4594.401 17yrs to Adult 9/10 - 10/29 6:30pm-7:30pm Tu \$106  
HBAC \$96

## YOGA: A MOVING MEDITATION

This Hatha yoga practice is a moving meditation of postures to promote strength, balance and union among the mind, body, and universe. Focus is on the breath and experiencing the present. All levels welcome! Instructor is certified RYT 200. Please bring a towel or yoga mat. No practice 9/21, 9/28, 10/19, & 11/30.

Patire, Mary R Edison Community Center Hall C&D  
4559.400 14yrs to Adult 9/14 - 12/7 10:30am-11:30am Sa \$72

## YOGA: CITY GYM

These classes are structured to increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket. No class 11/11.

Carmichael, Yvonne City Gym Room B  
4410.400 16yrs to Adult 9/9 - 11/25 10:30am-12:00pm M \$95

## YOGA: EDISON COMMUNITY CENTER

Yoga unites mind & body to reduce stress & promote holistic health benefits. Class incorporates postures, meditation & philosophy in a breath centered practice providing calm & well-being, as well as strength, balance, & flexibility. All levels welcome. Avoid eating 2 hours prior to class, bring a mat & blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, YTRx-500, ERYT-500. No class 10/9, 10/16 & 11/27.

Pavesic, Diane M Edison Community Center Hall C&D  
4411.400 Adult 9/18 - 12/11 4:30pm-5:30pm W \$77  
4411.401 Adult 9/18 - 12/11 5:45pm-6:45pm W \$77  
4411.402 Adult 9/18 - 12/11 7:00pm-8:00pm W \$77

## YOGA: GENTLE THERAPEUTIC YOGA

Learn to live a balanced life with proper breathing, body alignment/posture while restoring flexibility and gaining strength. A traditional style class using props and based on Yoga Therapy, limited 12 student for individual attention, working from fingertips to toes, supporting the body as a whole while acquiring a more acute sense of body awareness. Bring a mat and blanket. No class 10/26, 11/23 & 11/30.

HelpYourHealth, RoxAnn Madera Lake View Clubhouse  
17451 Zeider Ln  
4578.400 15yrs to Adult 10/5 - 12/14 10:15am-11:15am Sa \$94

## YOGA: GENTLE YOGA FOR EVERYONE

Learn to live a balanced life with proper breathing, body alignment/posture restoring flexibility and gaining strength. A traditional class, limited to 12 students for individual attention, working from fingertips to toes supporting the body as a whole acquiring a more acute sense of body awareness. Bring mat and blanket.

HelpYourHealth, RoxAnn Madera Marutani Dojo Cultural Center  
18964 Brookhurst St, FV  
4509.400 15yrs to Adult 9/25 - 12/4 9:00am-10:15am W \$134

HelpYourHealth, RoxAnn Madera Lake View Clubhouse  
17451 Zeider Ln, HB

4613.400 15yrs to Adult 9/28 - 12/7 9:00am-10:00am Sa \$105

## YOGA: GENTLE YOGA II

This class is for the yoga student who have already completed a beginner's course and wants to be challenged in further developing their skills in body alignment and movement. Never losing sight of the fundamentals but building on them for a stronger practice with the addition of more complicated poses, longer holds and flowing with the breath. Learn in the atmosphere of a small class, limited to 12 students with personalized attention. No class 10/21-10/25 & 11/25-11/29.

HelpYourHealth, RoxAnn Madera Marutani Dojo Cultural Center  
18964 Brookhurst St, FV  
4576.400 15yrs to Adult 9/24 - 12/3 10:45am-12:00pm Tu \$134

## YOGA: IN THE GREAT OUTDOORS

Outdoor Hatha yoga class. A great way to start your weekend with deep breath and relaxing asanas. All levels welcome. Yoga is known for its calming and body beautifying effects. Please bring a yoga mat or towel.

Stevenson, Sarah Harriett Wieder Park 19251 Seapoint Ave.  
4414.401 Adult 9/14 - 12/7 9:00am-10:00am Sa \$125

## YOGA: MURDY COMMUNITY CENTER

Beginner & intermediate students welcome! Classes are sequenced to increase flexibility while strengthening the entire body (back, hips, shoulders, neck, etc.) Breathing & relaxation techniques are incorporated to calm the mind integrating a sense of well being. Avoid eating two hours prior to class and bring a mat and large towel. If there are existing medical conditions, please check with your doctor before proceeding. No class 10/14-18 & 11/11-15 & 11/25-29.

King, Jacki, CYT, RYT Murdy Community Center Hall A  
4417.400 Adult 9/16 - 12/9 4:35pm-5:35pm M \$77  
4417.401 Adult 9/18 - 12/11 4:00pm-5:00pm W \$77

Carmichael, Yvonne Murdy Community Center Game Room  
4418.400 16yrs to Adult 9/11 - 11/20 10:30am-12:00pm W \$95  
4418.401 16yrs to Adult 9/13 - 11/22 10:30am-12:00pm F \$95

Holden, Susan, CYT, RYT Murdy Community Center Hall A  
4450.400 16yrs to Adult 9/16 - 12/9 6:00pm-7:00pm M \$77  
4450.401 16yrs to Adult 9/16 - 12/9 7:15pm-8:15pm M \$77  
4450.402 16yrs to Adult 9/17 - 12/10 5:30pm-6:45pm Tu \$77  
4450.403 16yrs to Adult 9/20 - 12/6 4:00pm-5:00pm F \$70

## YOGA: RODGERS SENIOR CENTER

Yoga unites mind and body to reduce stress and promote holistic health benefits. Class incorporates postures, meditation and philosophy in a breath-centered practice providing calm & well-being, as well as strength, balance & flexibility. All levels welcome. Avoid eating 2 hours prior to class. Bring mat and blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, E-RYT-500. No class 10/10, 10/17 & 11/28.

Pavesic, Diane M Rodgers Senior Center Hall E  
4413.401 Adult 9/19 - 12/12 10:00am-11:00am Th \$77  
4413.402 Adult 9/19 - 12/12 11:00am-12:00pm Th \$77

## YOGA: CHAIR YOGA FOR SENIORS

Class incorporates stretches & meditation in a holistic breath-centered practice to promote overall well-being. Therapeutic benefits include reduced pain and blood pressure, improved memory, flexibility, balance, and sleep. All levels and abilities welcome. No class 10/7, 10/14, 11/11, 11/25. Instructor: Diane Pavesic, Certified Yoga Therapist, RN.

Pavesic, Diane M Rodgers Senior Center Hall D  
4817.401 50yrs + 9/16 - 12/9 10:00am-11:00am M \$70

Register Online! [www.hbsands.org](http://www.hbsands.org)

## Adult & Teen Classes

### YOGA: YOGA AS A SENIOR SOLUTION

Starting in the chair with emphasis on breathing/posture, then using the chair as a prop for balance, stretching and flexibility, continuing down to the mat. Working to strengthen the body from fingers to toes, keeping ones independence and freedom of movement for your individual body, in a class limited to 12 students for individual attention. Please bring a mat and blanket. No class 10/21-10/25 & 11/25-11/29.

HelpYourHealth, RoxAnn Madera Marutani Dojo Cultural Center  
18964 Brookhurst St, FV

4510.400	50yrs +	9/23 - 12/2	1:00pm-2:30pm	M	\$134
4510.401	50yrs +	9/24 - 12/3	12:30pm-2:00pm	Tu	\$134
4510.402	50yrs +	9/25 - 12/4	10:30am-12:00pm	W	\$134
4510.403	50yrs +	9/26 - 12/5	10:30am-12:00pm	Th	\$134
4510.404	50yrs +	9/27 - 12/6	10:30am-12:00pm	F	\$134

### YOGATATION

Come and experience a new way to relieve stress, find emotional balance and enjoy increased physical flexibility. 'Yogatation' is a practice developed by David Phears. Whether you are brand new to Yoga or Meditation or a seasoned devotee, 'Yogatation' is for every level of practice and knowledge.

Phears, William David Rodgers Senior Center Game Room

4626.401	Adult	9/11 - 10/30	6:30pm-7:45pm	W	\$48
----------	-------	--------------	---------------	---	------

## Computers and Active Aging

### COMPUTERS: BEGINNING COURSE TO THE COMPUTER

Learn to properly turn a computer on and off; use a pointing device (mouse); correct typing mistakes; write, send, read, print, reply, forward and delete e-mail; surf the World Wide Web. A suggested donation of \$5 is due at the first class.

Recreation Staff Rodgers Senior Center Computer Lab

4800.400	50yrs +	9/3 - 9/24	9:00am-11:30am	Tu	\$15
4800.401	50yrs +	10/1 - 10/22	9:00am-11:30am	Tu	\$15
4800.402	50yrs +	11/5 - 11/26	9:00am-11:30am	Tu	\$15

### COMPUTERS: BUYING ON THE INTERNET

Advantages to purchasing on the internet, including: comparison shopping, product details & reviews plus great prices. Efficiently search the internet using various search engines & shopping sites. Acquire the skills and comfort to get the most bang for your buck and help you protect yourself when you buy. Advanced registration strongly advised. Reasonable familiarity with computers needed.

Lander, Joel Rodgers Senior Center Computer Lab

4830.400	Adult	9/14	9:00am-12:00pm	Sa	\$38
4830.401	Adult	10/26	9:00am-12:00pm	Sa	\$38

### COMPUTERS: ESSENTIAL COMPUTER SKILLS

Hands-on instruction of basic but essential computer skills. Learn the keyboard, word processing, the Windows filing system to properly save information and find it. Also learn e-mailing, attaching files to e-mails, downloading, backing-up info on your computer and much more. Friendly, well-paced atmosphere. Experienced and patient teacher. Advanced registration strongly advised. \* No class 10/18. Make up class on 10/15, 1:00-4:00pm.

Lander, Joel Rodgers Senior Center Computer Lab

4593.400	25yrs to Adult	9/13 - 10/4	9:00am-12:00pm	F	\$66
*4593.401	25yrs to Adult	10/11 - 11/1	9:00am-12:00pm	F	\$66
4593.402	25yrs to Adult	11/8 - 12/6	9:00am-12:00pm	F	\$66

## Computers and Active Aging

### COMPUTERS: EXCEL BEGINNING

Learn how to use spreadsheets to logically present tabular information. This course will teach you how to: Manipulate spreadsheet cells, rows, columns, fonts; build spreadsheets; create formulas, graphs and drawings to spreadsheets. A suggested donation of \$5 is due at the first class. Prerequisite: Solid knowledge using a PC and Windows Skills.

Recreation Staff Rodgers Senior Center Computer Lab

4803.400	50yrs +	10/7 - 10/28	9:00am-12:00pm	M	\$15
----------	---------	--------------	----------------	---	------

### COMPUTERS: FACEBOOK

Safely connect with family members and friends online! Join us to learn about the most popular social networking site. We will cover topics like setup, privacy, messaging, photo sharing, adding friends, and more. Interactive class provides step by step instructions and handouts to take home. No experience necessary.

Recreation Staff Rodgers Senior Center Computer Lab

4517.401	Adult	9/28 - 10/12	10:00am-12:00pm	Sa	\$64
4517.402	Adult	11/2 - 11/16	10:00am-12:00pm	Sa	\$64

### COMPUTERS: GOOGLE GALORE

Learn the use of the powerful Google Search Engine and how to format key work groupings that will rapidly complete your search. Explore these and other tools: Google Earth, Maps, Directions, Word Processor, Spreadsheet, Language Translator, and more.

Recreation Staff Rodgers Senior Center Computer Lab

4805.400	50yrs +	11/18 - 11/25	9:00am-12:00pm	M	\$12
----------	---------	---------------	----------------	---	------

### COMPUTERS: IPAD FOR BEGINNERS

iPad for Beginners, for people who already have an iPad who want to learn how to use it. We will start at "How do I turn it on?" Discussions will include Wi-Fi, 3G/4G, iOS 6.1, iCloud and aspects of included apps. Must bring an iPad with charging cord to classes.

Cohn, Victor Rodgers Senior Center Hall D

4826.401	50yrs +	9/4 - 9/25	9:00am-11:30am	W	\$15
4826.402	50yrs +	10/2 - 10/23	9:00am-11:30am	W	\$15
4826.403	50yrs +	11/6 - 11/27	9:00am-11:30am	W	\$15

### COMPUTERS: MS 2010 WORD ESSENTIALS

Learn to create, save, retrieve, rename and delete documents. Learn text selection techniques, editing, cut/copy/paste, spell/grammar check, and using Thesaurus. Learn to use important tabs and ribbon. A suggested donation of \$5 is due at the first class.

Recreation Staff Rodgers Senior Center Computer Lab

4802.400	50yrs +	9/4 - 9/25	9:00am-12:00pm	W	\$15
4802.401	50yrs +	10/2 - 10/23	9:00am-12:00pm	W	\$15

### COMPUTERS: ORGANIZE YOUR COMPUTER ONCE AND FOR ALL

Put information where you can find it. Clean up and organize old files and your desktop. Make shortcuts to favorite programs and files. Back up critical information. Get free programs to make your computer life easier and optimize your computer. Skills are universal whether you have Windows XP, Vista or 7. Ask questions, get answers, have fun! Advanced registration strongly advised.

Lander, Joel Rodgers Senior Center Computer Lab

4547.400	25yrs to Adult	9/26 - 10/3	2:00pm-5:00pm	Th	\$66
4547.401	25yrs to Adult	10/24 - 10/31	2:00pm-5:00pm	Th	\$66
4547.402	25yrs to Adult	11/21 - 12/5	2:00pm-5:00pm	Th	\$66

